Social Contacts

ELDERLY RESIDENTS IN ONTARIO

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ELDERLY RESIDENTS IN ONTARIO:

SOCIAL CONTACTS, PROVIDERS OF ASSISTANCE AND REQUESTS FOR ADDITIONAL ASSISTANCE

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Arlene Hoffman, Ph.D.
Research Consultant

SUMMARY

The focus of this paper is on the social contacts maintained by the respondents and the role of these contacts in the provision of assistance.

The findings of the study revealed that the majority of respondents had regular social contacts with both family members and friends. Almost all of the respondents (99%) had contact with at least one family member and over two-thirds had contact with six or more family members.

The majority (57%) of the respondents were married. The likelihood of being married was greater for persons between the ages of 62 to 74 than for those who were older, and greater for men than for women. Most (82%) of the respondents had children and almost two-thirds (62%) had two or more children. Women reported fewer children than men and were more likely than men to report no offspring.

The respondents' most frequent social contacts were by telephone. Close to one-third (32%) of the respondents had phone contact with a family member every day and a further 47% had phone contact with family one to six times per week. Nine percent of the respondents were in contact by phone with family less than once per month or not at all. The most frequent phone contact with family members was maintained by women and by the youngest respondents. Two percent of the respondents indicated that although they had family, they neither visited nor had phone contact with them.

The respondents' contacts with friends, like those with family members, were most frequently by telephone. Two-thirds of the respondents were in phone contact with friends at least once per week. Nine percent maintained no phone contact with friends. The most frequent contact was maintained by the younger respondents and the women in the sample.

The significant role played by family members and friends in assisting the older persons with day to day activities was underlined in this study. Family members and friends provided the respondents with 74% of the assistance they received. Family members alone accounted for 65% of the assistance. The single most frequent provider of assistance was children (28%), particularly daughters (17%). Spouses accounted for 15% of the assistance and other family members accounted for 22%.

The respondents received over one-half (59%) of all assistance from persons who did not reside with them. For both "activities in the home" and "activities outside of the home", the majority of assistance (62% and 57% respectively), was provided by persons outside of the household. Seventy percent of all assistance with personal care activities was provided by persons within the household.

Twenty-four percent of the respondents requested additional assistance. The largest number of requests were for assistance with activities in the home (heavy housework, house repairs and light housework); activities outside of the home (yardwork and shopping); and personal care activities (cutting toenails).

The persons who had requests for additional assistance were compared to those who had no requests irrespective of whether they received assistance. Contrary to expectation, no significant differences among groups were found when the recipient's age, contacts with children or frequency of contacts with family members and friends were considered. However, marital status, sex and number of interfering health conditions of the respondents significantly discriminated among groups. The persons least likely to voice requests for assistance were single, and the persons most likely to voice requests were widowed, divorced or separated. Women were more likely to indicate requests for additional assistance than men. Requests for additional assistance were also made more frequently by the persons with a greater number of interfering health conditions.

TABLE OF CONTENTS

	PAGE
ACKNOWLEDGEMENTS	i
SUMMARY	ii
1. INTRODUCTION	1
2. SOCIAL CONTACTS	1
3. PROVIDERS OF ASSISTANCE	4
4. REQUESTS FOR ADDITIONAL ASSISTANCE WITH DAY TO DAY ACTIVITIES	6
5. CONCLUSION	7
APPENDICES	
Tables	10
Other Papers in USCO Series	29
Glossary	31
References	36

APPENDICES

LIST OF TABLES

Table		Page
1	Number Of Children Reported By Respondents By Sex (Number And Percentage)	10
2	Frequency With Which Respondents Were In Contact With Family Members By Sex (Number And Percentage)	11
3	Frequency With Which Respondents Were In Telephone Contact With Family Members By Age (Number And Percentage)	12
4	Frequency With Which Respondents Went To Visit Family Members By Age (Number And Percentage)	13
5	Frequency With Which Respondents Were In Telephone Contact With Friends By Sex (Number And Percentage)	14
6	Frequency With Which Respondents Were In Telephone Contact With Friends By Age (Number And Percentage)	15
7	Frequency With Which Respondents Were Visited By Friends By Age (Number And Percentage)	16
8	Frequency With Which Respondents Went To Visit Friends By Age (Number And Percentage)	17
9	Residence Of Assistance Provider (Number And Percentage)	18
10	Activities With Which The Respondents Received Assistance And The Requests For Additional Assistance (Number And Percentage)	19
11	Number And Percentage Of Respondents Who Received Assistance By Age Group And By Whether These Respondents Had Requests For Additional Assistance.	20
12	Number And Percentage Of Respondents Who Received Assistance By Their Number Of Interfering Conditions And By Whether They Had Requests For Additional Assistance	21

Table **Page**

13 Marital Status Of Respondents By Whether They Had Requests For Additional Assistance (Number And Percentage)..... 22

14 Number Of Interfering Conditions Of Respondents By Whether They Had Requests For Additional Assistance (Number And Percentage) 23

15 Type Of Requests For Additional Assistance (Number And Percentage) 24

16 Number Of Interfering Conditions Of Respondents By Whether They Had Requests For Additional Assistance With Activities In The Home (Number And Percentage) 25

17 Number Of Interfering Conditions Of Respondents By Whether They Had Requests For Additional Assistance With Activities Outside Of the Home (Number And Percentage) 26

18 Age Group Of Respondents By Whether They Had Requests For Additional Assistance With Activities Outside of the Home (Number And Percentage) 27

19 Marital Status Of Respondents By Whether They Had Requests For Additional Assistance With Personal Care Activities (Number And Percentage) 28

1. INTRODUCTION

This paper is part of a series on the findings of the United Senior Citizens of Ontario survey [1]. The principal objective of the survey was to systematically examine the living situation of elderly persons who reside in the community and outside of institutional settings. In this survey a scientific random sample of 846 persons was interviewed from eight areas across the Province. These areas include five urban centres: Brockville, Penetanguishene, Sault Ste. Marie, Toronto and Windsor, and three rural communities: Athens, Bruce Mines and Cookstown.

This report explores the social contacts maintained by the respondents and the role of these contacts in provision of assistance. Requests for additional assistance are considered. The information presented derives from face to face interviews, and is based on self-reports.

2. SOCIAL CONTACTS

Within recent years a growing body of gerontological research has been devoted to identifying the factors associated with the ability of older persons to remain outside of institutional settings. This research has concentrated on the requirements of persons 65 and over, and the means by which the requirements are met. These studies have pointed to the significant role of the older persons' social contacts in assisting them to remain within their own homes.

A consistent finding in this literature is that family members, with supplemental assistance from friends and neighbours help older persons in carrying out the majority of activities of daily living and offer support in times of crisis and/or illness. (Pihlblad et al, 1975; Powers and Bultena, 1974; Shanas, 1979; Sussman, 1977; Shanas and Maadox, 1976; Atchley, 1980; Lowenthal and Robinson, 1976.) Shanas (1979) has suggested that five to ten percent of all older persons residing outside institutional settings require some assistance in the home and that approximately 80% of this assistance is provided by family and friends.

In light of this literature and in light of our interest in understanding the factors associated with the maintenance of older persons within their own homes, the social contacts significant to the respondents were explored. For purposes of this investigation social contacts are being defined as contacts with family members and friends by telephone and in person. The type and quantity of contacts are being considered.

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[1] Refer to the Appendix for a list of other papers in this series.

Almost all (99%, n=835) of the respondents indicated contact with at least one family member. The mean number of family contacts per respondent was six. Over two-thirds (68%, n=574) of the respondents had contact with six or more family members. The number of contacts maintained did not vary statistically by the age or sex of the respondents.

More than one-half (57%, n=470) of the respondents were married and living with a spouse. Men (79%, n=276) were more likely to be married than women (40%, n=188). Persons between the ages of 62-74 had the greatest likelihood of being married. Sixty-six percent (n=326) were married compared to 47% (n=127) of persons aged 75-84 and 24% (n=15) of persons 85+.

The majority (82%, n=687) of the 846 respondents reported having children. Twenty percent (n=163) had one child; 23% (n=196) had two children; sixteen percent (n=131) had three children and 23% (n=197) had four or more children. No significant differences were found across age groups with respect to the number of children reported. However, differences between the sexes were found such that women reported less children than men. Table 1 shows that women were more likely than men to report no offspring. Twenty-one percent (n=97) of the women compared to fourteen percent (n=51) of the men did not have children. Forty-five percent (n=158) of the men compared to 35% (n=166) of the women had three or more children. Sixty-four percent (n=257) of the respondents had daughters and 65% (n=537) had sons.

In addition to spouses and children, the respondents identified their contacts with siblings. Fifty-four percent (n=449) had contact with a sister and forty-nine percent (n=401) had contact with a brother.

The frequency of contacts maintained by the respondents with members of their family was highly associated with the type of contact they maintained. The most frequent contact was maintained over the telephone. Almost one-third (32%, n=259) of the respondents were in contact with a family member everyday and a further 47% (n=386) were in contact with a family member between one and six times per week. Six percent (n=46) of the respondents had phone contact with family members less than once per month and a further three percent (n=22) had no phone contact.

Significant differences between men and women and among age groups were found in the frequency of phone contact maintained with family members. Table 2 shows that women had more frequent phone contact with family members than men. Thirty-eight percent (n=174) of the women compared to 24% (n=83) of the men were in contact by phone with a family member every day. Eighty-three percent (n=383) of the women and 74% (n=254) of the men were in phone contact with a family member at least once per week.

The frequency of phone contact with family members decreased as age of the respondents increased. Table 3 illustrates that persons who were in phone contact with family members a minimum of once per week comprised 81% (n=396) of the respondents aged 62-74, 77% (n=204) of the persons aged 75 to 84 and 71% (n=43) of those aged 85+.

Almost one-half (48%, n=391) of the respondents were visited by a member of the family a minimum of once per week. A further 28% (n=226) were visited one to three times per month. Six percent (n=50) of the respondents were never visited or visited less than once per year.

The respondents visited family members less frequently than they were visited by them. Over one-third (35%, n=284) of the respondents visited family members at least once per week. An additional one-third (31%, n=255) visited family one to three times per month. Noteworthy is the finding that just over ten percent (11%, n=90) never visited family or visited them less than once per year. Age group differences were found in the frequency of visits. Table 4 illustrates that as the individuals aged, the frequency with which they visited family decreased. Twenty-two percent (n=13) of the respondents 85+ never visited family members.

Two percent (n=13) of the respondents indicated that although they had family, they neither visited nor had phone contact with them. An additional two percent (n=16) of the respondents were in contact with family members less than once per month.

Like family contacts, contacts with friends were measured by the frequency of telephone conversations and visits. The respondents were in most frequent contact with their friends over the telephone. Two-thirds of the respondents (n=556) were in phone contact with a friend at least once per week. Over one-third (26%, n=216) spoke to a friend by phone every day. Eight percent (n=62) of those interviewed were in contact with friends less than once per month and nine percent (n=71) had no phone contact.

Age and sex differences were found in the frequency of phone contact maintained with friends. Table 5 shows that women were in phone contact with friends more frequently than men. Thirty percent (n=162) of the women compared to fifteen percent (n=51) of the men were in phone contact with friends every day. Twenty-three percent (n=82) of the men compared to eleven percent of the women (n=50) had either no phone contact with friends or contact less than once per month. The younger respondents had more frequent telephone contact with friends than the older respondents. Phone contact with friends at least once per week was maintained by just over one-half (53%, n=32) of the persons aged 85 and over compared to 72% (n=350) of persons aged 62-74. See Table 6.

The majority of the respondents reported being visited by friends. Almost three-quarters (72%, n=600) were visited at least once per month. Over one-third were visited a minimum of once per week. Ten percent, (n=83) however, were never visited or visited less than once per year. The older respondents were visited by friends somewhat less frequently than the younger respondents. Table 7 shows that close to three-quarters (74%, n=363) of persons 62-74 were visited at least once per month, compared to two-thirds (n=41) of the persons aged 85+. Persons who were never visited by friends or who were visited less than once per year comprised sixteen percent (n=10) of the 85+ age group and seven percent of the 62-74 age group.

Visits to friends were almost as frequent as visits from friends. One-third (n=275) visited friends one or more times per week. An additional one-third (n=276) visited friends one to three times per month. It is important to note that four percent (n=32) of the respondents visited friends less than once per year and a further fourteen percent (n=117) never visited friends.

The younger respondents visited friends more frequently than the older respondents. Table 8 illustrates that persons who visited friends one or more times per week comprised 36% (n=175) of the 62-74 age group compared to 20% (n=12) of the 85+ group. Over one-third (37%, n=32) of the persons aged 85+ never want to visit friends.

Four percent (n=29) of the respondents indicated that although they had friends they never visited nor had contact with them.

3. PROVIDERS OF ASSISTANCE

The discussion in the previous section pointed to the fact that the majority of the respondents have family members and friends and maintain regular contact with them. In this section we will discuss the extent to which these individuals provide the respondents with the assistance they receive.

The table below indicates the sources of assistance used by the respondents. Noteworthy is the finding that 74% of all assistance received by the respondents was provided by either a family member or a neighbour/friend. Family members alone provided the respondents with 65% of all assistance. The single most frequent provider of assistance was children, particularly, daughters. Twenty-two percent of all assistance came from paid help.

Providers of Assistance	Percentage of Total Assistance Provided
1. Children	28
(daughter - 17%)	
(son - 11%)	
2. Other Family	22
3. Paid Help	22
4. Spouse	15
5. Neighbour/Friend	9
6. Community Agency	3
7. Other	1
TOTAL	100

Among the respondents who resided with other persons and who received help 87% (n=358) had help from persons who lived with them and 80% (n=218) received help from persons residing outside of their home.

The characteristics of the respondents who received assistance from persons outside of their household did not differ significantly from the characteristics of the persons who relied exclusively on household members for help.

Table 9 illustrates the residential locations of the assistance providers for each of the activities examined. The majority (59%) of assistance was provided by persons who resided outside of the respondents' household. However, differences were found among activities.

With respect to activities in the home, the respondents received 62% of their assistance from persons who did not reside with them. For seven of the ten activities examined, namely, making a cup of tea, meal preparation, laundry, climbing stairs, mobility at home, using the telephone and mending, the majority of assistance was provided by household members.

Over one-half (57%) of the respondents who received assistance with activities outside of the home received the help from persons who did not reside with them. The majority of respondents who had help with going out of doors, banking and paying bills, received the assistance from persons within their own homes.

Among the respondents who received assistance with personal care activities, 70% received the assistance from household members. The only personal care activity for which a large number of respondents received outside help was toenail cutting.

4. REQUESTS FOR ADDITIONAL ASSISTANCE WITH DAY TO DAY ACTIVITIES

Forty-nine percent (n=415) of the persons interviewed for this study received assistance with one or more of twenty-two day to day activities. Of the persons who received assistance, one-third (n=138) requested additional assistance.

Table 10 illustrates the number of respondents who received assistance with each of the twenty-two day to day activities and the number who requested additional assistance. On an activity by activity basis, we find that additional requests were made by 9% (with activities in the home), 6% (with activities outside of the home) and 8% (with personal care activities) of the respondents who already had assistance.

Among the respondents who received assistance significant differences across age groups were found with respect to whether they requested additional assistance. Table 11 shows that as the respondents increased in age, they were less likely to request additional help.

The likelihood of requesting additional help increased as the number of interfering conditions reported by the respondents increased. Table 12 shows that among the persons who received assistance, the persons who requested additional help comprised 22% (n=17) of those with no interfering conditions compared to 49% (n=44) of those with six or more interfering conditions.

For the sample as a whole, 24% (n=203) requested additional assistance. The persons who requested additional assistance were compared to those who made no requests irrespective of whether they currently received assistance. No significant differences among groups were found when the respondents' age, contacts with children, contacts with daughters, or frequency of contacts with family members and friends were considered. However, marital status, sex and number of interfering conditions did significantly discriminate among groups.

Table 13 shows that the persons least likely to voice requests were single (18%, n=11) and the persons most likely to request additional help were widowed, divorced or separated (29%, n=88).

Women more frequently than men requested additional help. Twenty-nine percent (n=138) of the women compared to 18% (n=65) of the men requested help.

The greater the number of interfering conditions reported by the respondents, the more likely they were to request additional assistance. Table 14 shows that fourteen percent (n=36) of the persons who had no interfering conditions made requests compared to almost one-half (48%, n=55) of the persons who had six or more conditions.

Table 15 shows the type of requests made by the respondents. The largest number of requests were in relation to activities in the home --(heavy housework, house repairs, and light housework); activities outside of the home -- (yardwork and shopping); personal care activities -- (cutting toenails). Nineteen percent (n=159) of the respondents requested additional assistance with activities in the home, 12% (n=100) requested additional help with activities outside of the home and five percent (n=42) of the respondents had requests for additional help with personal care activities.

The persons who requested additional assistance with activities in the home were more likely to be women (22%, n=107) than men (14%, n=51) and more likely to report a greater number of interfering conditions. See Table 16.

Requests for additional help with activities outside of the home were most commonly made by the respondents who had a greater number of interfering health conditions (Table 17) and by persons aged 75-84 (16%, n=44). The respondents aged 85+ (7%, n=4) were least likely to request additional help with activities outside of the home.

Persons who had requested additional help with personal care activities were distinguished from those who did not have these requests by their marital status, their number of interfering conditions, their sex, and their living situation. The individuals who requested additional help were likely to be widowed, divorced or separated (Table 19), to be women (7%, n=32 compared to men 2%, n=9) and to live alone (8%, n=19 compared to persons living with others 4%, n=23).

5. CONCLUSION

This paper has concentrated on the respondents' contacts, their sources of assistance and their requests for additional assistance. The findings of this study point to the instrumental role played by the family members and friends of the respondents in assisting them with day to day activities. Almost three-quarters of all assistance received by the respondents was provided by family members or neighbours/friends. Family members provided 65% of the assistance and neighbours/friends provided nine percent. The most frequent source of assistance (28%) was children, particularly daughters (17%). Fifteen percent of all assistance was provided by spouses. It is noteworthy that community agencies accounted for only three percent of the total assistance.

These findings provide evidence to suggest that persons who are not married, who do not have family members, particularly children, and/or who do not maintain regular contacts with family members and/or friends are at a potentially greater disadvantage in receiving assistance with day to day activities from informal supports (family, friends).

One potentially disadvantaged group consists of persons without spouses (43% of the sample). Women and persons aged 85+ comprise the largest proportion of this group.

Persons without children, are also potentially disadvantaged. Eighteen percent of the respondents fall into this category. Women are more likely than men to report no offspring. They also reported fewer children than men.

The respondents who do not maintain regular contact with family by phone or in person can also be considered potentially disadvantaged. Three percent of the respondents had no phone contact with family and a further six percent had phone contact with family less than once per month. Men and persons aged 85+ were the most likely to be found within these categories.

The respondents who were not visited by family or who were visited infrequently might also be considered potentially disadvantaged. Six percent of the respondents were never visited or visited less than once per year. Neither age nor sex were distinguishing factors in the frequency of family visits.

Another potentially disadvantaged group are the individuals who have limited contact with friends. Seventeen percent of the respondents had phone contact with friends less than once per month or not at all. Men and older respondents comprised the largest proportion of this group. Persons who were never visited by friends or visited less than once per year made up ten percent of the sample. The greatest proportion of these persons were aged 85 and over.

The individuals listed above are potentially disadvantaged in receiving assistance from informal supports in view of the fact that they have fewer social contacts. Because of the significant role informal supports play in the provision of assistance, it might be hypothesized that the number and/or frequency of social contacts maintained would be significantly associated with the fulfillment of assistance requirements and would be reflected in fewer requests for additional help. It is noteworthy that requests for additional help did not differ among groups when contacts with children, contacts with daughters or frequency of contacts with family and friends were considered. The factors that did discriminate among groups were marital status, sex and number of interfering health conditions.

It might also be hypothesized that married persons would have a greater likelihood of having their assistance requirements met because of the immediacy of a "potential" assistance provider and thus, be less likely to request additional assistance. It was interesting to find that single persons were the least likely to request additional assistance.

Women more frequently than men requested additional help. Women who reported fewer children than men were less likely to be married. Because of the significant role children and spouses play in the provision of assistance, the absence of children and spouses might be critical in the needs and consequently, the requests made for additional assistance. These findings serve to remind us that older men and older women cannot be grouped together with the assumption that they have the same requirements or the same resources to assist them when needed.

The significant role played by family members and friends in assisting the older persons with day to day activities has been underlined in this study. However, the relationship between the respondents' social contacts and the requests for additional assistance is by no means clear cut. The maintenance of regular contacts with family members and friends cannot, as this study has shown, guarantee that requests for additional assistance will not be made. In order to better understand the characteristics of social contacts that are associated with a viable support system, other factors require consideration. In this research primary consideration was given to the frequency of contacts and the persons with whom the contacts are maintained. In future research an examination should be made of the nature of the contacts. Branch and Jette (1983) suggest that a delineation be made of the nature of the transactions between the older persons and their social network and the relationship between the nature of the transaction and the receipt of assistance from the social network.

TABLE 1:

NUMBER OF CHILDREN REPORTED BY RESPONDENTS BY SEX
(NUMBER AND PERCENTAGE)

NUMBER OF CHILDREN	MEN (N)	MEN %	WOMEN (N)	WOMEN %
0	(51)	14	(97)	21
1	(66)	19	(95)	20
2	(78)	22	(116)	24
3	(64)	18	(64)	14
4+	(94)	27	(102)	21
TOTAL*	(353)	100	(474)	100

*9 Missing Observations

Chi sq. = 9.79 $P < .05$

TABLE 2:

FREQUENCY WITH WHICH RESPONDENTS WERE IN TELEPHONE CONTACT WITH FAMILY MEMBERS BY SEX
(NUMBER AND PERCENTAGE)

FREQUENCY OF TELEPHONE CONTACT	MEN (N)	MEN %	WOMEN (N)	WOMEN %
Every day	(83)	24	(174)	38
1 - 6 X/Week	(171)	50	(209)	45
1 - 3 X/Month	(57)	16	(46)	10
Less than Once/Month	(19)	6	(27)	6
Never	(15)	4	(7)	1
TOTAL*	(345)	100	(463)	100

*27 Missing Observations

Chi sq. = 24.79 $P < .01$

TABLE 3: FREQUENCY WITH WHICH RESPONDENTS WERE IN TELEPHONE CONTACT WITH FAMILY MEMBERS BY AGE (NUMBER AND PERCENTAGE)

FREQUENCY OF TELEPHONE CONTACT	Age Group 62 - 74 (N)	%	75 - 84 (N)	%	85+ (N)	%
Everyday	(140)	29	(101)	38	(17)	28
1 - 6X/Week	(256)	52	(103)	39	(26)	43
1 - 3X/Week	(58)	12	(37)	14	(8)	13
Less than Once/Month	(24)	5	(15)	6	(7)	11
Never	(12)	2	(8)	3	(5)	5
TOTAL*	(490)	100	(264)	100	(63)	100

*18 Missing Observations

Chi Square = 17.18 $P < .05$

TABLE 4: FREQUENCY WITH WHICH RESPONDENTS WENT TO VISIT FAMILY MEMBERS BY AGE (NUMBER AND PERCENTAGE)

FREQUENCY OF VISITS	Age Group					
	62 - 74		75 - 84		85+	
	(N)	%	(N)	%	(N)	%
1X+ /Week	(183)	37	(89)	34	(11)	18
1 - 3X/Month	(156)	32	(80)	30	(18)	29
1 - 6X/Year	(113)	23	(63)	24	(16)	25
Less than Once/Year	(19)	4	(11)	4	(5)	7
Never	(21)	4	(23)	8	(13)	21
TOTAL*	(492)	100	(266)	100	(63)	100

*14 Missing Observations

Chi Square = 31.05 P < .01

TABLE 5: FREQUENCY WITH WHICH RESPONDENTS WERE IN TELEPHONE CONTACT WITH FRIENDS BY SEX (NUMBER AND PERCENTAGE)

FREQUENCY OF TELEPHONE CONTACT	SEX			
	MEN		WOMEN	
	(N)	%	(N)	%
Every day	(51)	15	(162)	34
1 - 6X/Week	(137)	40	(200)	42
1 - 3X/Month	(75)	22	(60)	13
Less than Once/Month	(36)	10	(26)	6
Never	(46)	13	(24)	5
TOTAL*	(345)	100	(472)	100

*19 Missing Observations

Chi Sq. = 61.56 $P < .01$

TABLE 6: FREQUENCY WITH WHICH RESPONDENTS WERE IN TELEPHONE CONTACT WITH FRIENDS BY AGE (NUMBER AND PERCENTAGE)

FREQUENCY OF TELEPHONE CONTACT	AGE GROUP					
	62 - 74		75 - 84		85+	
	(N)	%	(N)	%	(N)	%
Every day	(136)	28	(69)	26	(11)	18
1 - 6X/Week	(214)	44	(103)	38	(21)	35
1 - 3X/ Month	(80)	16	(47)	17	(10)	16
Less than Once/Month	(31)	6	(21)	8	(10)	16
Never	(30)	6	(31)	11	(9)	15
TOTAL*	(491)	100	(271)	100	(61)	100

*13 Missing Observations
Chi Sq. = 20.37 $P < .01$

TABLE 7: FREQUENCY WITH WHICH RESPONDENTS WERE VISITED BY FRIENDS BY AGE (NUMBER AND PERCENTAGE)

FREQUENCY OF VISITS	Age Group					
	62 - 74		75 - 84		85+	
	(N)	%	(N)	%	(N)	%
1 + X/Week	(168)	34	(101)	37	(21)	34
1 - 3X/Month	(195)	40	(93)	34	(20)	31
1 - 6X/Year	(93)	19	(44)	16	(12)	19
Less than 1X/Year	(11)	2	(5)	2	(5)	8
Never	(26)	5	(30)	11	(5)	8
TOTAL*	(493)	100	(273)	100	(63)	100

*7 Missing Observations

Chi Square = 15.78 $P < .05$

TABLE 8: FREQUENCY WITH WHICH RESPONDENTS WENT TO VISIT FRIENDS BY AGE (NUMBER AND PERCENTAGE)

FREQUENCY OF VISITS	AGE GROUP					
	62 - 74		75 - 84		85+	
	(N)	%	(N)	%	(N)	%
1X + /Week	(175)	36	(88)	33	(12)	20
1 - 3X/Month	(181)	37	(84)	31	(9)	15
1 - 6X/Year	(77)	16	(37)	14	(12)	20
Less than Once/Year	(17)	3	(10)	4	(5)	8
Never	(43)	8	(52)	18	(22)	37
TOTAL*	(493)	100	(271)	100	(60)	100

*12 Missing Observations

Chi Sq. = 53.35 $P < .01$

TABLE 9: RESIDENCE OF ASSISTANCE PROVIDER (NUMBER AND PERCENTAGE)

Activities in The Home	RESIDENCE OF PROVIDER: In Respondents' Household (N)	In Respondents' Household %	Outside of Respondents' Household (N)	Outside of Respondents' Household %	Total (N)	Total %
Light Housework	(68)	40	(101)	60	(169)	100
Heavy Housework	(91)	32	(202)	68	(299)	100
Making a Cup of Tea	(38)	74	(13)	26	(51)	100
Meal Preparation	(58)	68	(27)	32	(85)	100
Laundry	(73)	54	(61)	46	(134)	100
House Repairs	(56)	20	(217)	80	(273)	100
Climbing Stairs	(19)	59	(13)	41	(32)	100
Mobility at Home	(9)	69	(4)	31	(13)	100
Using the Telephone	(21)	91	(2)	9	(23)	100
Mending	(61)	74	(21)	26	(82)	100
Activities Outside of the Home						
Yard Work	(101)	33	(201)	67	(302)	100
Shopping	(80)	47	(90)	53	(170)	100
Going out in Bad Weather	(38)	52	(35)	48	(73)	100
Going Out in Good Weather	(20)	74	(7)	26	(27)	100
Banking	(47)	56	(36)	44	(83)	100
Paying Bills	(49)	60	(33)	40	(82)	100
Financial Assistance	(24)	42	(33)	58	(57)	100
Personal						
Getting In and Out of Bed	(15)	88	(2)	12	(17)	100
Bathing	(23)	77	(7)	23	(30)	100
Dressing	(13)	100	(0)	0	(13)	100
Cutting Toenails	(36)	36	(63)	64	(99)	100
Taking Medication	(18)	86	(3)	14	(21)	100

TABLE 10: ACTIVITIES WITH WHICH THE RESPONDENTS RECEIVED ASSISTANCE AND THE REQUESTS FOR ADDITIONAL ASSISTANCE (NUMBER AND PERCENTAGE)

ACTIVITIES IN THE HOME	TOTAL NUMBER OF RESPONDENTS WHO RECEIVED ASSISTANCE		ASSISTANCE REQUIREMENTS FULFILLED		REQUESTS FOR ADDITIONAL ASSISTANCE AMONG PERSONS WHO RECEIVE ASSISTANCE	
	(N)	%	(N)	%	(N)	%
Light Housework	(99)	100	(84)	86	(15)	14
Heavy Housework	(214)	100	(187)	88	(27)	12
Making a Cup of Tea	(20)	100	(19)	99	(1)	1
Meal Preparation	(40)	100	(39)	99	(1)	1
Laundry	(85)	100	(83)	99	(2)	1
House Repairs	(110)	100	(91)	83	(19)	17
Climbing Stairs	(24)	100	(23)	99	(1)	1
Mobility at Home	(9)	100	(8)	89	(1)	11
Using the Telephone	(20)	100	(17)	89	(3)	11
Mending	(26)	100	(26)	100	(0)	0
ACTIVITIES OUTSIDE THE HOME						
Yard Work	(235)	100	(210)	89	(25)	11
Shopping	(133)	100	(125)	95	(8)	5
Going Out in Good Weather	(22)	100	(21)	95	(1)	5
Going Out in Bad Weather	(59)	100	(53)	90	(6)	10
Banking	(65)	100	(65)	100	(0)	0
Paying Bills	(55)	100	(55)	100	(0)	0
Financial Assistance	(21)	100	(21)	100	(0)	0
PERSONAL						
Getting In and Out of Bed	(13)	100	(10)	77	(3)	23
Bathing	(23)	100	(22)	96	(1)	4
Dressing	(9)	100	(9)	99	(1)	1
Cutting Toenails	(77)	100	(70)	91	(7)	9
Taking Medication	(17)	100	(17)	99	(1)	1

- 19 -

TABLE 11: NUMBER AND PERCENTAGE OF RESPONDENTS WHO RECEIVED ASSISTANCE BY AGE GROUP AND BY WHETHER THESE RESPONDENTS HAD REQUESTS FOR ADDITIONAL ASSISTANCE

	AGE GROUP					
	62 - 74		75 - 84		85+	
	(N)	%	(N)	%	(N)	%
No Requests for Additional Assistance	(123)	62	(110)	67	(41)	82
Requests for Additional Assistance	(74)	38	(55)	33	(9)	18
TOTAL*	(197)	100	(165)	100	(50)	100

*3 Missing Observations

Chi Square = 6.85 $P < .05$

TABLE 12: NUMBER AND PERCENTAGE OF RESPONDENTS WHO RECEIVED ASSISTANCE BY THEIR NUMBER OF INTERFERING CONDITIONS AND BY WHETHER THEY HAD REQUESTS FOR ADDITIONAL ASSISTANCE

	NUMBER OF INTERFERING CONDITIONS									
	0		1		2-3		4-5		6+	
	(N)	%	(N)	%	(N)	%	(N)	%	(N)	%
No Requests for Additional Assistance	(61)	78	(48)	74	(76)	68	(44)	64	(46)	51
Requests for Additional Assistance	(17)	22	(17)	26	(36)	32	(24)	36	(44)	49
TOTAL*	(78)	100	(65)	100	(112)	100	(68)	100	(90)	100

*2 Missing Observations
Chi Sq. = 16.15 P< .01

TABLE 13: MARITAL STATUS OF RESPONDENTS BY WHETHER THEY HAD REQUESTS FOR ADDITIONAL ASSISTANCE (NUMBER AND PERCENTAGE)

	MARITAL STATUS					
	Single		Married		Widowed Divorced/ Separated	
	(N)	%	(N)	%	(N)	%
No Requests for Additional Assistance	(49)	82	(371)	78	(220)	71
Requests for Additional Assistance	(11)	18	(104)	22	(88)	29
TOTAL*	(60)	100	(475)	100	(308)	100

*11 Missing Observations
Chi Sq. = 5.72 P< .05

TABLE 14: NUMBER OF INTERFERING CONDITIONS OF RESPONDENTS BY WHETHER THEY HAD REQUESTS FOR ADDITIONAL ASSISTANCE
(NUMBER AND PERCENTAGE)

	NUMBER OF INTERFERING CONDITIONS									
	0		1		2-3		4-5		6+	
	(N)	%	(N)	%	(N)	%	(N)	%	(N)	%
No Requests for Additional Assistance	(213)	86	(132)	81	(165)	76	(73)	69	(59)	52
Requests for Additional Assistance	(36)	14	(30)	19	(51)	24	(32)	31	(55)	48
TOTAL -	(249)	100	(162)	100	(216)	100	(105)	100	(114)	100

Chi Square = 54.09 $P < .01$

TABLE 15:

TYPE OF REQUESTS FOR ADDITIONAL ASSISTANCE
(NUMBER AND PERCENTAGE)

Activities in the Home	(N)	%
Light Housework	(53)	6
Heavy Housework	(96)	11
Making a Cup of Tea	(5)	1
Meal Preparation	(21)	3
Laundry	(14)	2
House Repairs	(60)	8
Climbing Stairs	(10)	1
Mobility at Home	(2)	1
Using the Telephone	(5)	1
Mending	(8)	1
Activities Outside the Home		
Yard Work	(70)	9
Shopping	(27)	3
Going Out in Good Weather	(3)	1
Going Out in Bad Weather	(19)	2
Banking	(9)	1
Paying Bills	(4)	1
Financial Assistance	(7)	1
Personal		
Getting In and Out of Bed	(3)	1
Bathing	(2)	1
Dressing	(1)	1
Cutting Toenails	(40)	5
Taking Medication	(1)	1

TABLE 16: NUMBER OF INTERFERING CONDITIONS OF RESPONDENTS BY WHETHER THEY HAD REQUESTS FOR ADDITIONAL ASSISTANCE WITH ACTIVITIES IN THE HOME (NUMBER AND PERCENTAGE)

	NUMBER OF INTERFERING CONDITIONS									
	0		1		2-3		4-5		6+	
	(N)	%	(N)	%	(N)	%	(N)	%	(N)	%
No Requests for Additional Assistance	(222)	89	(140)	86	(177)	82	(76)	73	(71)	62
Requests for Additional Assistance	(27)	11	(22)	14	(39)	18	(28)	27	(43)	38
TOTAL*	(249)	100	(162)	100	(216)	100	(104)	100	(114)	100

*1 missing observation
Chi Sq. = 44.49 $P < .01$

TABLE 17: NUMBER OF INTERFERING CONDITIONS OF RESPONDENTS BY WHETHER THEY HAD REQUESTS FOR ADDITIONAL ASSISTANCE WITH ACTIVITIES OUTSIDE OF THE HOME (NUMBER AND PERCENTAGE)

	NUMBER OF INTERFERING CONDITIONS									
	0		1		2-3		4-5		6+	
	(N)	%	(N)	%	(N)	%	(N)	%	(N)	%
No Requests for Additional Assistance	(229)	92	(150)	93	(195)	91	(83)	80	(86)	74
Requests for Additional Assistance	(19)	8	(12)	7	(20)	9	(21)	20	(28)	26
TOTAL*	(248)	100	(162)	100	(215)	100	(104)	100	(114)	100

* 3 Missing Observations
Chi Sq. = 33.09 P. < .05

TABLE 18: AGE GROUP OF RESPONDENTS BY WHETHER THEY HAD REQUESTS FOR ADDITIONAL ASSISTANCE WITH ACTIVITIES OUTSIDE OF THE HOME (NUMBER AND PERCENTAGE)

	Age Group					
	62 - 74		75 - 84		85+	
	(N)	%	(N)	%	(N)	%
No Requests for Additional Assistance	(451)	90	(231)	84	(58)	93
Requests for Additional Assistance	(52)	10	(44)	16	(5)	7
TOTAL*	(503)	100	(275)	100	(63)	100

*5 Missing Observations

Chi Square = 7.33 P < .05

TABLE 19: MARITAL STATUS OF RESPONDENTS BY WHETHER THEY HAD REQUESTS FOR ADDITIONAL ASSISTANCE WITH PERSONAL CARE ACTIVITIES (NUMBER AND PERCENTAGE)

	Marital Status					
	Single		Married		Widowed/ Divorced/ Separated	
	(N)	%	(N)	%	(N)	%
No Requests for Additional Assistance	(55)	95	(462)	97	(281)	91
Requests for Additional Assistance	(5)	5	(13)	3	(26)	9
TOTAL*	(60)	100	(475)	100	(307)	100

*4 Missing Observations

Chi Square = 13.93 $P < .01$

APPENDIX

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The data which was gathered in the USCO survey provides base line information on the living situation of senior citizens who are not living in institutions in the province of Ontario. The volume and comprehensiveness of the data demanded separate analysis to allow for clear and complete information regarding the association between variables. A series of papers resulted with each paper having a particular emphasis.

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7. Elderly Residents in Ontario: Their Participation in Leisure Activities and The Barriers to Their Participation.

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11. Elderly Residents in Ontario: Marital Differences With Particular Focus on Those Who Are Single.

12. Elderly Residents in Ontario: Income Group Differences.

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APPENDIX

GLOSSARY

Chi Square: a test of statistical significance which is used to determine whether variables are independent or related and to also determine the extent to which the relationship is systematic and is not just occuring by chance.

Cleaning: a method by which the data is systematically examined to identify and eliminate inappropriate codes and wild punches (key punching errors).

Coding: a method of transforming information from the interview schedule into a numerical scheme for purposes of data analysis. The codes are subsequently key punched onto a computer card and fed into the computer for analysis.

Community Agency/ Service: all health, social, legal and financial services available in a community and organized under public or voluntary auspices. The services may operate with or without paid staff, and may or may not charge the user for services rendered.

Cross Tabulations: a joint frequency distribution of cases according to two or more classificatory variables. The cross tabulations allow for statistical analysis using a test of significance such as the chi-square test.

Data: the information gathered in the study. In this project it consists of information gathered from the 846 interviews.

Dependent Variable: the outcome or determined condition in a relationship between two or more variables.

Disability: the requirement for assistance or the inability to carry out activities related to day to day living (i.e., housework, meal preparation.)

Frail: reports of three or more disabilities was the basis for defining a person as frail.

Frequencies: descriptive statistics used to organize data. The information is divided into variable categories or intervals and the number of cases in each category is known as the 'frequency' for that variable. The relative frequency is calculated by computing the percentage represented by the number of cases in each variable category.

Friendly Visiting: a community service wherein the individual receives personal visits from another person. This service may be organized under public or voluntary auspices and its purpose is to provide seniors with friendly contact.

G.I.S.: Guaranteed Income Supplement - a federal government supplement given to seniors to ensure that their income is at a specified level.

GAINS-A: Ontario provincial income supplement for senior citizens.

Health Care System: family physicians, specialists, hospitalizations, nursing home or rehabilitation centres.

Home Care: a program of visting health care services to people in their own homes who meet eligibility criteria as established by the Ontario Ministry of Health.

Independent Variables: the determining condition in a relationship of two or more variables.

Institutional Settings: nursing homes, homes for the aged, chronic care units in general hospitals or chronic care hospitals, special care facilities and mental health facilities.

Instrument: the tool used to gather data; in this case the tool was an interview schedule.

Interfering Health Conditions: health conditions identified by a physician which the respondents consider to interfere with their day to day activities.

Interview Schedule: the questionnaire used by the interviewer to ask questions and record information.

Leisure Activity: an activity which a person participates in by choice and of their own volition; includes recreational activities, hobbies, volunteer work, etc.

Mean ($\bar{X}$): the sum of all the observations divided by the number of observations.

Missing Observations: instances in which the information is not available for a particular question.

Multiple Response: a procedure done on the computer with the use of SPSS whereby a analysis can be done of questions to which the respondents might legitimately make more than one reply.

OARS ADL Scale: specific questions developed for OARS (Older American Resources and Service Program of the Duke University Centre for the Study of Aging and Human Development). The ADL Scale measures the ability of respondents to carry out the activities of daily living (ADLS), (i.e., use of the telephone and meal preparation).

Old Age Security Data Base: a complete listing of all persons aged 62+ who receive the Old Age Security Pension.

Paid Help: distinguished from a community service in that it is assistance received which is not organized under public auspices as a service. It is all other assistance for which a fee is paid.

Personal Care Activities: activities such as bathing, dressing and getting in and out of bed.

Pretest: the testing of a research instrument such as a questionnaire or interview schedule prior to actually administering it for a study. The purpose of a pretest is to see how the instrument actually works in the field. The extent to which the questions are understood and the ease with which the instrument is administered is examined.

Previously Married: individuals who were married but are not presently married due to being widowed, divorced or separated.

Random Sample: a process for sample selection in which every element in the population is given an equal chance of being picked.

Represenativeness: the degree to which the study sample represents the population at large. Specific characteristics such as sex and age can be compared to determine the representativeness.

S.D.: a statistic which measures the scatter of a set of data and indicates the extent to which the responses vary around the mean.

SPSS: Statistical Package for the Social Sciences is a system of computer programs for the purpose of data analysis.

Sample: part of the population at large, selected for study.

Sample Frame: the base from which a sample is drawn, i.e., list of names.

Significant Differences: determined through a statistical procedure to establish that the relationship between variables did not occur by chance.

Single: persons who have never been married or are not living common-law.

Social Contacts: visits with friends and family or in person.

Socio-Economic: characteristics frequently used to measure social status such as educational level or income.

Stratified Sample: a sample procedure whereby all individuals are divided into groups or categories (in the case of this study it was communities) and then an independent sample is selected within each group or stratum.)

Supportive Housing Arrangements: a housing arrangement in which some supportive services are available, such as meals, house cleaning.

Tau: Kendal's Tau: a statistic used to measure the association among ordinal data. It summarizes the relationship between variables.

Variable: refers to a particular characteristic of the sample being considered.

Volunteer: a person who gives his/her time to a particular cause or organization without pay.

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